



**Program Date:** Online (Ongoing)

**Title of Program:** Part I Online Cox Certification Course

**Author & presenter:** James M. Cox, DC, DACBR

**Total CE hours:** 8 hours

**Program Description:**

Cox Technic Certification Course Part I is the foundation setting course of the series of Cox Technic protocols involving the biomechanics, history, examination, diagnostic and treatment application of flexion-distraction. The emphasis is on introducing flexion-distraction academically and practically. Demonstration of treatment application prepares the attendees for the hands-on workshops and Part II.

**Program Goals / Objectives:**

By the end of Part I, the attendee will have an understanding of:

- the research papers pertaining to the biomechanics of flexion-distraction adjusting
- the research studies being conducted with federally funded researchers
- a thorough examination
- the skills to start applying flexion-distraction methods in their practice
- whether Protocol I or II is appropriate to use and have a clear understanding of the 50% Rule which guides the treatment implementation.

**Program Topics:**

- Non-Disc Conditions (Facet Syndrome, Spondylolisthesis, Short Leg, Tropism, Compression Fractures, Sprain/Strain) with a short discussion of disc, DRG and stenosis
- Anatomy of the Spine / Biomechanics
- Treatment Protocols of Flexion Distraction (Protocol I and II)
- Examination of the Spine
- History of Flexion Distraction and its place in chiropractic
- Clinical Case reports from practitioners' offices showing in-office care of actual patients– chiropractic adjunctive therapies' use

**Program Outline:**

**Textbook references – *Low Back Pain* by James M. Cox**

**Hour 1: Biomechanics**

- Overview of Course
- Disc Anatomy and Pressure
- Spinal Biomechanics
- DRG discussion
- Neuroanatomy of Spine: Normal and Painful
- Dorsal Root Ganglion Pain Generation
- Chemical and Mechanical Pain Generation
- Vascular Ischemia
- First Factor in Nerve Compression
- Venous Hypertension and Atherosclerosis in Disc Degeneration
- Sacroiliac Joint Pain Generation

**Hour 2: Biomechanics and Cox Technic**

- Spinal stenosis
- Patient Case on video with Protocol I Treatment
- Cauda Equina Syndrome
- Chemical and Mechanical Irritation of Spinal Components
- History of Cox Technic and present state
- Manipulation vs Drug Therapy
- Research Support of Cox Technic
- Video of Cox® flexion-distraction motion of facets



Hour 3: Research & Treatment Plan Development

- Research Studies (LS, CS) continued
- Algorithms of Decision Making for Cox Technic
- Patient Case (Fragment) and Treatment Protocol I
- Patient Case (Scoliosis with Sciatica) and Treatment Protocol I



Certification  
Part I - Hour 3  
Research &  
Treatment Plan  
Development

Hour 4: Clinical Outcomes, Examination, Protocols

- 1000 Case Study Outcomes
  - Cox Protocols - Patient Placement, Tolerance Testing with Video Demonstration
- Examination and Re-Examination of the Lumbar Pain Patient



Certification  
Part I - Hour 4  
Clinical Outcomes,  
Examination,  
Protocols

Hour 5: Examination, Report of Findings, Nutrition, Facet Syndrome

- Video demonstration of Lumbar Examination and Report of Findings
- Spinal Nutrition
- Facet Syndrome
  - Pain Generation
  - Femoral Nerve Pain
  - Sciatica
  - Orientation of Facet Bundles
  - Source of Spinal Stenosis



Certification  
Part I - Hour 5  
Examination,  
Report of Findings,  
Nutrition,  
Facet Syndrome (start)

Hour 6: Facet Syndrome & Compression Fracture: Treatment

- Facet Syndrome (cont.)
- Treatment Demonstration of Protocol II for Facet Syndrome
- Compression Fracture



Certification  
Part I - Hour 6  
Facet Syndrome (cont.) &  
Compression Fracture:  
Treatment

Hour 7: Compression Fracture & Spondylolisthesis

- Patient Case on Video (Compression Fracture)
- Spondylolisthesis
  - Examination
  - Imaging by Hanging Suspension
  - Stability
  - Treatment Options Prone and Side-Lying
  - True vs Degenerative/Bracing
- Patient Case (Spondylolisthesis)



Certification  
Part I - Hour 7  
Compression Fracture  
& Spondylolisthesis

Hour 8: Non-Discogenic Conditions: Exam, Diagnosis, Treatment

- Transitional Segment
- Bertolotti's Syndrome
- Short Leg
- Tropism
- Protocol II demonstration
- Patient Case (Ankylosis)
- Patient Case (long-y-axis demonstration treatment)
- Patient Case (LBP, Bertolotti's, HNP: imaging, exam, diagnosis, treatment)
- Patient Case (Lumbago)



Certification  
Part I - Hour 8  
Non-Discogenic Conditions:  
Exam, Diagnosis,  
Treatment

**Instructional Methods:**

- Powerpoint presentations
- Videotaped patient cases
- Printed notes
- Quizzes

Register online at <https://coxtechnic.digitalchalk.com/dc/guest/login> or

call 1-800-441-5571 for more information.